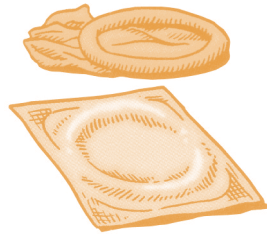


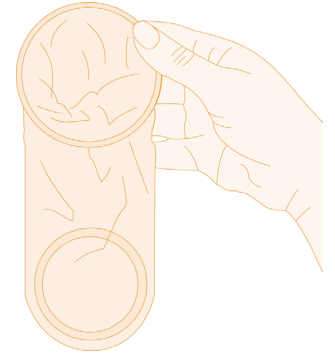
Contraceptive Methods

CONDOMS — DOUBLE PROTECTION



MALE CONDOMS – offer double protection from pregnancy and STI/HIV.

FEMALE CONDOMS – can be inserted into the vagina ahead of time and offer double protection from pregnancy and STI/HIV.

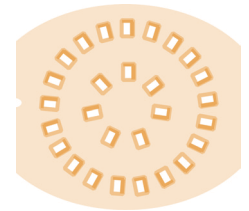


HORMONAL METHODS — NO STI/HIV PROTECTION



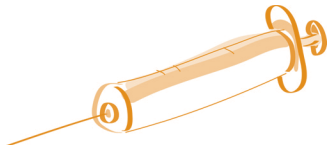
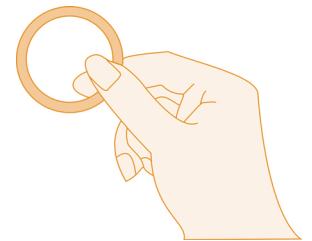
EMERGENCY CONTRACEPTIVE PILLS – prevent pregnancy if taken within 72 hours of sex.

PILLS – are very effective if you take them every day at the same time.



THE PATCH – a thin, stick-on square with hormones that go through the skin to prevent pregnancy.

THE VAGINAL RING – a small, flexible ring put into woman's vagina; releases hormones to prevent pregnancy.



THE SHOT – injectable birth control given every 12 weeks (*Depo-Provera*) or once a month (*Lunelle*).

IMPLANTS – small, flexible capsules inserted under the skin; release hormones to prevent pregnancy.



IUD – a trained health care provider puts a small, plastic device into a woman's uterus. The IUD contains copper or hormones that keep sperm from joining the egg and prevent a fertilized egg from implanting in the uterus.

ABSTINENCE — STI/HIV PROTECTION

“Perfect” abstinence is the only 100% sure way to avoid pregnancy and STI/HIV.



BARRIER METHODS — NO STI/HIV PROTECTION

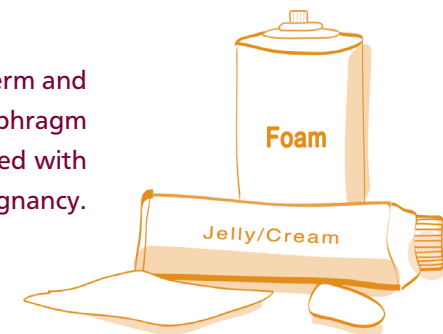


THE DIAPHRAGM AND CERVICAL CAP – prescription barrier methods, must be fitted by a trained health provider.

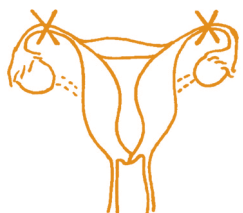


THE SPONGE – over-the-counter barrier method, contains spermicide and can be inserted into the woman’s vagina hours before sex to prevent pregnancy.

SPERMICIDES – chemicals that kill sperm and come in several forms. Some are used with a diaphragm or cap and others used alone. They can be used with condoms to increase protection against pregnancy.



SURGICAL METHODS — NO STI/HIV PROTECTION



TUBAL LIGATION (female) and **VASECTOMY** (male) – surgeries prevent pregnancy by cutting and sealing the tubes that carry the egg or sperm. Permanent - NOT reversible.



OTHER METHODS — NO STI/HIV PROTECTION



WITHDRAWAL – man pulls penis out and away before ejaculation. Effectiveness depends on his ability to know when he will ejaculate and to respond quickly.

BREAST FEEDING – on demand 24 hours a day (with no other food or formula given to infant) offers pregnancy protection for up to 6 months post partum. No STI/HIV protection.

NATURAL FAMILY PLANNING/FERTILITY AWARENESS METHODS – with good information and practice, a woman becomes familiar with her menstrual cycle and signs of ovulation.

